

Battle for

YOUR MIND

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PART 2

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From a talk delivered by Dick Sutphen – at the World Congress of Professional Hypnotists Convention, Las Vegas, Nevada, USA.

In the entire history of man, no one has ever been brainwashed and realised, or believed, that he had been brainwashed.

Although I've been interviewed on this subject by many radio and TV talk shows, large scale mass communication of these facts appears to be blocked, since it could result in suspicion or investigation of the very media presenting it or the sponsors that support the media.

Some government agencies do not want this generally known. Nor do the born-again Christian movements, cults and many human-potential trainers.

Over the years, I've conducted seminars to teach people to be hypnotists, trainers, and counsellors. I've had many of those who conduct training and rallies come to me and say, "I'm here because I know that what I'm doing works, but I don't know why". After showing them how and why, many have gotten out the business or have decided to approach it differently or in a much more loving and supportive manner.

Many of these trainers have become personal friends, and it scares us all to have experienced the power of one person with a microphone and a room full of people. Add a little charisma and you can count on a high percentage of

conversions. The sad truth is that high a percentage of people want to give away their power – they are known as true "believers"!

Cult gatherings or human-potential trainings are an ideal environment to observe first-hand what is technically called the "Stockholm Syndrome". This is a situation in which those who are intimidated, controlled, or made to suffer, begin to love, admire and even sometimes sexually desire their controllers or captors.

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But let me inject a word of warning here: If you think you can attend such gatherings and not be affected, you are probably wrong. A perfect example is the case of a woman who went to Haiti on a Guggenheim Fellowship to study Haitian Voodoo. In her report, she related how the music eventually induced uncontrollable bodily movement and an altered state of consciousness. Although she understood the process and thought herself above it, when she began to feel herself become vulnerable to the music, she attempted to fight it and turned away. Anger or resistance almost always assures conversion. A few

moments later she was possessed by the music and began dancing in a trance around the Voodoo meeting house. A brain phase had been induced by the music and excitement, and she awoke feeling reborn. The only hope of attending such gatherings without being affected is to be a Buddha and allow no positive or negative emotions to surface. Few people are capable of such detachment.

Before I go on, let's go back to the six tip-offs to conversion. I want to mention the US Government and military boot camp. The Marine Corps talks about breaking men down before "rebuilding" them as new men – as marines! Well, that is exactly what they do, the same way cults break people down and rebuild them as happy flower sellers on your local street corner. All of the six conversion techniques are used in boot camp. Considering the needs of the military, I'm not making a judgement as to whether that is good or bad. It is a fact that the men are effectively brainwashed. Those who won't submit must be discharged or spend much of their time in the brig.

DECOGNITION PROCESS

Once the initial conversion is effected, cults, armed services and similar groups cannot have cynicism among their members.

Members must respond to commands and do as they are told, otherwise they are dangerous to the organisational control. This is normally accomplished as a three-step Decognition Process.

BATTLE FOR YOUR MIND

ALERTNESS REDUCTION

Step One: The controllers cause the nervous system to malfunction, making it difficult to distinguish between fantasy and reality. This can be accomplished in several ways. Poor diet is one; watch out for food and drink sweetened with sugar as it throws the nervous system off. More subtle is the "Spiritual Diet" used by many cults. They eat only vegetables and fruits; without the grounding of grains, nuts, seeds, dairy products, fish or meat, and the individual becomes mentally 'spacey'. Inadequate sleep is another primary way to reduce alertness, especially when combined with long hours of work or intense physical activity. Also, being bombarded with intense and unique experiences achieves the same result.

PROGRAMMED CONFUSION

Step Two: You are mentally assaulted while your alertness is being reduced as in Step One. This is accomplished with a deluge of new information, lectures, discussion groups, encounters or one-to-one processing, which usually amounts to the controller bombarding the individual with questions. During this phase of decognition, reality and illusion often merge and perverted logic is likely to be accepted.

THOUGHT STOPPING

Step Three: Techniques are used to cause the mind to go 'flat'. These are altered-state-of-consciousness techniques that initially induce calmness by giving the mind something simple to deal with and focussing awareness. The continued

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use brings on a feeling of elation and eventually hallucination. The result is the reduction of thought and eventually, if used long enough, the cessation of all thought and withdrawal from everyone and everything except that which the controllers direct. The takeover is then complete. It is important to be aware that when members or participants are instructed to use 'thought-stopping' techniques, they will become 'better soldiers' or 'find enlightenment'.

There are three primary techniques used for thought stopping.

The first is Marching: the thump-thump beat literally generates self-hypnosis and thus great susceptibility to suggestion.

The second thought stopping technique is Meditation. If you spend an hour and a half a day in meditation, after a few weeks, there is a great probability that you will not return to full beta consciousness. You will remain in a fixed state of alpha for as long as you continue to meditate. I'm not saying this is bad – if you do it yourself. It may be very beneficial. But it is a fact that you are causing your mind to go flat. I've worked with meditators on an EEG machine and the results are conclusive: the more you meditate, the flatter your mind becomes until, eventually and especially if used to excess or in combination with decognition, all thought ceases. Some spiritual groups see this as nirvana – which is bullshit. It is simply a predictable physiological result. And if heaven on earth is non-thinking and non-involvement, I really question why we are here.

The third thought-stopping techniques produce an altered state of consciousness. This may be very good if you are controlling the process, for you also control the input. I personally use at least one self-hypnosis programming session every day and I know these techniques to the degree of re-



maining continually in alpha that, although you'll be very mellow, you'll also be more suggestible.

TRUE BELIEVERS & MASS MOVEMENTS

Before ending this section on conversion, I want to talk about the people who are most susceptible to it and about Mass Movements. I am convinced that at least a third of the population is what Eric Hoffer calls "true believers". They are joiners and followers ... people who want to give away their power. They look for answers, meaning, and enlightenment outside themselves.

Hoffer, who wrote *"The True Believer"*, a classic on mass movements, says, "true believers are not intent on bolstering and advancing a cherished self, but are those craving to be rid of unwanted self. They are followers, not because of a desire for self-advancement, but because it can satisfy their passion for self-renunciation!" Hoffer also says that true believers "are eternally incomplete and eternally insecure"!

I know this from my own ex-

perience. In my years of communicating concepts and conducting trainings, I have run into them again and again. All I can do is attempt to show them that the only thing to seek is the True Self within. Their personal answers are to be found there and there alone. I communicate

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that the basics of spirituality are self-responsibility and self-actualisation. But most of the true believers just tell me that I'm not spiritual and go looking for someone who will give them the dogma and structure they desire instead.

Mass movements will usually

have a charismatic leader. The followers want to convert others to their way of living or impose a new way of life – if necessary, by legislating laws forcing others to their view, as evidenced by the activities of the Moral Majority. This means enforcement by guns or punishment, for that is what law enforcement is.

A common enemy, hatred or devil, is essential to the success of a mass movement. The born-again Christians have Satan himself, but that isn't enough – they've added the occult, the New Age, and lately, anyone who opposes their integration of church and politics, as evidenced in their political re-election campaigns against those who oppose their views. In revolutions, the devil is usually the ruling power or aristocracy. Some human-potential movements are far too clever to ask their graduates to join anything, thus labelling themselves as a cult – but, if you look closely, you'll find that their devil is anyone and everyone who hasn't taken their training.

To be continued next issue